

Human Being Active

HBA-5-10-20 ... 2015 ... 5 MILE ... RESULTS

POS	FIRST NAME	SURNAME	CAT	CLUB	TIME	AVE M/SPLIT
1	Evans	Matthew	MS	Aberdare Valley Aac	00:29:57	05:59
2	Sheehan	Nicholas	FS	Llanelli AC	00:31:39	06:20
3	Miller	David	MS		00:31:44	06:21
4	Marshall	Adam	MS		00:31:59	06:24
5	Gill	Simon	MS	Lliswerry Runners	00:32:15	06:27
6	Davies	Arwel	MS		00:33:56	06:47
7	Thomas	Dean	M40		00:35:21	07:04
8	Hughes	Dave	M40	Bridgend	00:35:52	07:10
9	Doyle	Jason	M40		00:36:15	07:15
10	Roberts	Katherine	F35	Tunbridge Wells Harriers	00:36:35	07:19
11	Rivers	Eleri	F35	Sarn Helen	00:40:28	08:06
12	Phillips	Calum	MS		00:45:31	09:06
13	Jones	Byron	M40	The Dragons Running Club	00:46:23	09:17
14	Davies	Leighton	M40	Bridgend Ac	00:46:23	09:17
15	Dark	Sophie	FS		00:46:49	09:22
16	Keeling	Ross	MS		00:47:24	09:29
17	Richards	Dean	MS		00:47:41	09:32
18	Phillips	Emma	F35		00:47:41	09:32
19	Johnson	Claire	FS		00:47:47	09:33
20	Rivett	Michelle	F35		00:48:14	09:39
21	Hoque	Ruhul	MS		00:48:17	09:39
22	Gray	Naomi	FS		00:49:02	09:48
23	Wharmby	Garry	M50		00:49:23	09:53
24	Jones	Mari	FS		00:49:42	09:56
25	Leighton-Jones	Nigel	M60		00:49:45	09:57
26	Craig	Andrea	FS	Pembrokeshire Harriers	00:49:54	09:59
27	Richardson	Keith	M60		00:49:58	10:00
28	Saunders	Marc	MS	Sospan Road Runners	00:50:28	10:06
29	John	Laura	FS		00:50:55	10:11
30	Craig	Amy	FS		00:50:55	10:11
31	Gent	Owen	MS		00:51:09	10:14
32	Lemon	Sarah	F35	Team Davies-Lemon	00:51:12	10:14
33	Griffiths	Hannah	FS	Dragons	00:52:15	10:27
34	Hall	Rachael	F35		00:52:39	10:32
35	Lockwood	Paul	MS		00:52:43	10:33
36	Aitken	John	MS		00:57:17	11:27
37	Copestake	Cheryl	F45		00:58:00	11:36
38	Pritchard	Cathryn	FS	Dragons Running Club	00:58:13	11:39
39	James	Sian	F35	Dragons Running Club	00:58:13	11:39
40	Hewitt	Sara	F35		01:03:10	12:38
41	Lloyd	Owain	M50		01:04:48	12:58

UPCOMING HUMAN BEING ACTIVE EVENTS

- GREAT WELSH MARATHON** ... 19th APR 2015
incorporating the Great Welsh Half Marathon
- FUSION 5K - SUMMER SERIES** ... JUN-JUL-AUG 2015
- PEMBREY BEACH 10K FUN RUN** ... SEPTEMBER 2015
incorporating the HBA Family Adventure Challenge
- HBA - LLANELLI TO CARDIFF WALKATHON** ... SEPTEMBER 2015
- HBA SANTA DASH - LLANELLI CARNIVAL** ... NOVEMBER 2015
- LLANELLI WATERSIDE HALF MARATHON** ... 13th MARCH 2016
- HBA-5-10-20 MILES** ... APRIL 2016
- and many others to be announced soon*

Our thanks to all from the community that continue to support this and other Human Being Active Events. We look forward to seeing you at the next one ...

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Total event management and info services for sports events and active lifestyles

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HBA-5-10-20 ... 2015 ... 10 MILE ... RESULTS

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1	Jones-Davies	Aled	MS	Trots	01:03:07	06:19
2	Phillips	Nigel	M40	Sospan Road Runners	01:03:35	06:22
3	Marland	Lucy	FS	Neath Harriers	01:03:53	06:23
4	Capps	Damian	M40	Pembrokeshire Tri	01:05:07	06:31
5	Scott	Alex	MS		01:06:20	06:38
6	Jones	Glyn	M50		01:07:30	06:45
7	Jackson	Robin	MS		01:08:05	06:49
8	Gosney	Mark	MS	3Ms Gorseinon Road Runners	01:08:27	06:51
9	Longman	Hywel	MS		01:09:06	06:55
10	Dias	Brian	MS		01:09:41	06:58
11	Harris	Nicholas	MS	Cwm Ogwr Running Club	01:10:53	07:05
12	Fry	Tim	MS	Cardiff A A C	01:11:00	07:06
13	Tillman	Huw	MS		01:11:20	07:08
14	Bryant	Mark	M40		01:12:04	07:12
15	Webster	Richard	M60	3M Gorseinon Road Runners	01:13:06	07:19
16	Kirkpatrick	James	M50		01:13:36	07:22
17	Callaghan	Richard	MS		01:14:29	07:27
18	Forde	Paul	M40		01:15:20	07:32
19	Mcdermott	Katie	FS	Sarn Helen	01:17:49	07:47
20	Lewis	Wayne	MS		01:19:33	07:57
21	Evans	Ian	MS		01:19:39	07:58
22	Jones	Vicky	F35	Tenby Aces	01:19:58	08:00
23	Poole	Lizzie	F35	Balanced Performance	01:20:46	08:05
24	Pritchard	Westley	MS	Dragons Running Club	01:21:19	08:08
25	Darcy	Robin	MS		01:22:08	08:13
26	Revell	Rebecca	F45	Emlyn Runners	01:22:54	08:17
27	Wharmby	Elaine	F45	Newport Harriers	01:22:56	08:18
28	Williams	Mark	MS		01:23:27	08:21
29	Percival	Elliott	MS		01:24:36	08:28
30	David	Dean	MS		01:25:12	08:31
31	Davies	Lynne	M40		01:25:17	08:32
32	Jones	Amanda	F35		01:26:07	08:37
33	Wood	Daniel	MS		01:26:45	08:40
34	Pook	Ashley	FS	Team Fudgeys	01:27:00	08:42
35	Scully	Shahnaz	F35		01:27:16	08:44
36	Davies	Andrew	M40		01:27:30	08:45
37	Elliott	Alexander	M50		01:28:48	08:53
38	Jones	Dylan	M40		01:29:29	08:57
39	Belton	Jayne	F45		01:31:16	09:08
40	Leary	Richard	M40	Celtic Tri	01:32:12	09:13
41	Davies	Garey	M40	Team Davies Lemon	01:32:35	09:15
42	Handscomb	Gillian	F35		01:32:39	09:16
43	Thomas	Elinor	FS	Celtic Tri	01:32:40	09:16
44	Reynolds	Angela	M40		01:32:45	09:16
45	Bishop	Karl	M50		01:32:45	09:16
46	Fish	Rob	M40		01:33:50	09:23
47	Thomas	Anna	FS		01:37:04	09:42
48	Jones	Nicola	F35	The Dragons Running Club	01:37:12	09:43
49	Adams	Chris	MS		01:37:32	09:45
50	Dudley	Carole	F35		01:38:59	09:54
51	Moore	Frances	FS		01:40:42	10:04
52	Evans	Tania	F45		01:42:50	10:17
53	Hicks	Tony	M50		01:44:02	10:24
54	Davies	Samantha	F35	Dragons Running Club	01:45:48	10:35
55	Mackerill	Jeanette	FS		01:50:20	11:02
56	Jones	Vikki	F35		01:50:43	11:04

HBA-5-10-20 ... 2015 ... 10 MILE ... RESULTS

POS	FIRST NAME	SURNAME	CAT	CLUB	TIME	AVE M/SPLIT
57	Jones	Huw	M60		01:59:35	11:57
58	Williams	Denise	F35		02:00:51	12:05
59	Spring	Charlie	MS		01:42:44	10:16
60	Murry	Linda	F45		01:42:44	10:16

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HBA-5-10-20 ... 2015 ... 20 MILE ... RESULTS

POS	FIRST NAME	SURNAME	CAT	CLUB	TIME	AVE M/SPLIT
1	Elgar	James	MS	Newt/Lliswerry Runners	01:59:44	05:59
2	Williams	Oliver	MS	Les Croupiers Rc	02:00:44	06:02
3	McFlynn	Ryan	MS	MMRT	02:06:08	06:18
4	How	Andrew	MS	Hendre Lake Rc	02:08:05	06:24
5	Reynolds	Matthew	MS	Celtic Tri	02:12:03	06:36
6	Smith	Aled	MS	Tenby Aces	02:12:48	06:38
7	Evans	Ian	MS		02:16:25	06:49
8	Williams	Steven	M40	Sospan RR	02:18:09	06:54
9	Lewis	Geraint	MS	Porthcawl Runners	02:19:40	06:59
10	Griffiths	Nick	M40	Amman Valley Harriers	02:21:02	07:03
11	Williams	Neil	M50	Aberdare Vaac	02:22:18	07:07
12	Howells	Louise	F35	Lliswerry Runners	02:22:32	07:08
13	Batty	Simon	M40	Newport DR Club	02:27:19	07:22
14	Elgar	Richard	MS	Lliswerry Runners	02:27:37	07:23
15	Duthie	Sanna	FS		02:29:01	07:27
16	Johns	Daniel	MS	Brecon AC	02:29:32	07:29
17	Jones	Kevin Anthony	M40	Les Croupiers Rc	02:29:37	07:29
18	Lauder	Sarah	F35	Lliswerry Runners	02:29:52	07:30
19	Bamford	Ian	M40	3M'S Gorseinon Road Runners	02:30:02	07:30
20	Bowen	Andrew	MS		02:50:26	08:31
21	Downes	Sam	MS		02:30:34	07:32
22	Burridge	John	MS	Cwm Ogwr Running Club	02:32:14	07:37
23	Jasper	Paul	M40		02:33:12	07:40
24	Jones	Aron	MS	3M'S Gorseinon Road Runners	02:33:25	07:40
25	Wright	Kevin	M50	Bitton Road Runners	02:36:10	07:48
26	Hammond	Lee	M40	Fairwater Runners Cwmbran	02:36:46	07:50
27	Thomas	Gari	M40	Rhedwyr Emlyn	02:36:52	07:51
28	Thomas	Rosie	FS		02:40:34	08:02
29	Thomas	Ian	M50		02:41:27	08:04
30	Murnieks	Leon	MS		02:41:36	08:05
31	Bereza	Wesley	MS	Sospans Road Runners	02:43:42	08:11
32	Rees	Angharad	F35	Aberystwyth AC	02:44:33	08:14
33	Hall	Darren James	MS		02:44:35	08:14
34	O'Brien	Terry	M50		02:45:27	08:16
35	Janes-Thomas	Holly	FS	Pont-Y-Pwl & District Runners	02:45:29	08:16
36	Powell	Keith	M50	Trots	02:46:24	08:19
37	Gallagher	Beth	FS		02:46:44	08:20
38	Bradshaw	Siân	F35	Carmarthen Harriers	02:46:56	08:21
39	Bowie	Richard	M50	Fairwater Runners Cwmbran	02:47:10	08:21
40	Jones	Terry-Wyn	MS	Sarn Helen	02:47:11	08:22
41	Price	Carl	M40	Bynea Cc	02:48:06	08:24
42	Cole	Kay	F45	Southville Running Club	02:48:29	08:25
43	Jones	Laurence	MS		02:48:45	08:26
44	Thomas	Jason	MS		02:49:20	08:28
45	Davies	Andrew	M40	Celtic Tri	02:49:30	08:28
46	Lesutiene	Lina	FS	Aberystwyth AC	02:50:56	08:33
47	Brooks	Mark	M40	South Wales Police Triathlon Club	02:51:14	08:34
48	Williams	Nigel	M40		02:51:30	08:34
49	Guest	Paul	M40		02:51:36	08:35
50	Pearce	Brian	M50		02:52:07	08:36
51	Passmore	Richard	MS		02:52:11	08:37
52	Martin	Nicholas	MS		02:52:43	08:38
53	Evans	Julia	F55	Pegasus RC	02:54:10	08:42

HBA-5-10-20 ... 2015 ... 20 MILE ... RESULTS

POS	FIRST NAME	SURNAME	CAT	CLUB	TIME	AVE M/SPLIT
54	Beard	Martin	M40		02:54:44	08:44
55	Glynn	Stephen	M50	Pembrokeshire Harriers	02:55:05	08:45
56	Turner	Jason	M40	Swansea Harriers Tnt	02:55:34	08:47
57	Reynolds	Abigail	F35		02:55:38	08:47
58	Thomas	Sue	F45	Rhedwyr Emlyn	02:55:45	08:47
59	Readwin	Mitchell	MS	Sarn Helen	02:56:58	08:51
60	Davies	Carwyn	MS	Sarn Helen	02:56:59	08:51
61	Jones	Steven	M40		02:57:17	08:52
62	Howard	Melanie	F35	Run4All Neath	02:57:33	08:53
63	King	Ryan	M40	Sospan RR	02:57:40	08:53
64	Russell	Kate	F35	Les Croupiers Running Club	02:57:57	08:54
65	Goodfellow	Steve	M50	Penarth And Dinas Runners	02:59:35	08:59
66	Day	Gemma	FS		03:00:03	09:00
67	Hopton	Aled	MS		03:00:11	09:01
68	Rowlands	Elaine	F45	Aberystwyth AC	03:01:16	09:04
69	Collins	Clare	FS		03:01:52	09:06
70	Thomas	Darryl	M40		03:01:55	09:06
71	Barker	Simon	M40		03:01:56	09:06
72	Trevelyan	Sue	F35		03:04:10	09:13
73	Lees	Julie	F35	Fairwater-Runners-Cwmbran	03:04:35	09:14
74	Hunt	Lindsey	FS	Penarth & Dinas Runners	03:05:11	09:16
75	Evans	Carl	MS		03:05:17	09:16
76	Caple	Andrew	M40	Nike+ Cardiff	03:05:23	09:16
77	Abbott	Shona	FS		03:05:33	09:17
78	Thomas	Mark	M40	Dragons	03:05:42	09:17
79	Williams	Yvonne	F55	Penarth And Dinas Runners	03:06:06	09:18
80	Lewis	Jon	M40		03:06:10	09:18
81	Brace	Elaine	F35	Tenby Aces	03:07:37	09:23
82	Brennan	Lyndon	M40		03:08:34	09:26
83	Passmore	Mark	MS		03:08:44	09:26
84	Lewis	Antony	M40		03:10:42	09:32
85	Harris	Paul	M40	3M Gorseinon Road Runners	03:11:01	09:33
86	Mason-Evans	Sion	MS		03:11:39	09:35
87	Street	Richard	M60	Pegasus Rc	03:12:15	09:37
88	Bridges	William	MS		03:12:47	09:38
89	Lewis	Jane	F45	Fairwater Runners	03:13:32	09:41
90	Govier	Tracy	F35	Celtic Tri	03:13:54	09:42
91	Stockley	Paula	FS	3M Gorseinon Road Runners	03:14:21	09:43
92	Hussain	Afzana	FS		03:14:31	09:44
93	Jordan	Amber	FS		03:15:00	09:45
94	Reay	Tom	M60	Ranelagh Harriers	03:15:45	09:47
95	Barrington	Amanda	F45	Penarth & Dinas Runners	03:15:53	09:48
96	Grant	Gareth	M40		03:17:44	09:53
97	Hottinger	Emma	FS		03:17:54	09:54
98	James	Bridget	FS	Aberystwyth AC	03:18:50	09:56
99	Smith	Ryan	MS		03:20:05	10:00
100	Simon	Catrin	F35	Vegan Runners	03:21:05	10:03
101	Jones	Elinor	FS		03:21:54	10:06
102	Madden	Christopher	M50	Mumbles Milers	03:22:03	10:06
103	Williams	Helen	FS	Islwyn	03:22:05	10:06
104	Rees	Hannah	F35		03:22:27	10:07
105	Keelan	Linda	F45		03:22:58	10:09
106	Wood	Stephen	MS	Pegasus Rc	03:22:59	10:09
107	Morris	Tina	F35		03:23:26	10:10
108	Goodfellow	Andrea	F45	Penarth And Dinas Runners	03:24:36	10:14

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109	Stark	Allen	MS	Mumbles Milers	03:27:08	10:21
110	Howells	Stuart	M40	Human Being Active	03:29:26	10:28
111	Williams	Alwyn	M40		03:30:39	10:32
112	Lustig	Andrew	MS	Celtic Tri	03:31:47	10:35
113	Scourfield	Mike	MS		03:32:35	10:38
114	Grigg-Williams	Simon	M40	Celtic Tri	03:33:16	10:40
115	Lloyd Jones	Nia	F35		03:34:00	10:42
116	Smith	Paula	F45	Tenby Aces	03:36:45	10:50
117	Smith	Mike	M50	Tenby Aces	03:36:45	10:50
118	Lewis	Carl	MS	Caerphilly Runners	03:37:28	10:52
119	Ferry	Stephanie	FS	Nike Run Club Cardiff	03:37:33	10:53
120	Morgan	Pukkie	F45	Aberystwyth AC	03:38:38	10:56
121	Ryan	Steve	M40	Nike+Run Cardiff	03:39:42	10:59
122	Thompson	Amanda	F45	Les Croupiers Rc	03:39:47	10:59
123	Healey	Catherine	FS	Nike Run Club Cardiff	03:42:34	11:08
124	Morris	Emma	F35		03:44:44	11:14
125	Chambers	Sharon	F35		03:45:59	11:18
126	Evans	Tommy	M40		03:48:31	11:26
127	Richardson	Sean	M40		03:52:24	11:37
128	Roach-John	James	M40	Pembrokeshire Harriers	03:52:40	11:38
129	Odare	Mark	M40		03:55:50	11:47
130	Williams	Lisa	F35	Pontypridd Roadents Ac	04:05:21	12:16
131	Welch	Helen	F35	Pontypridd Roadents	04:06:16	12:19
132	Cochran	Ruth	F45	Pontypridd Roadents	04:06:23	12:19
133	Powell	Joanna	F35		04:11:27	12:34

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